



HealthiestWeight



This message is adopted from Let's Go! www.letsgo.org



Or more
fruits & vegetables

Hours or less
recreational screen
time

Hour or more
of physical activity

Sugary drinks
more water & low
fat milk



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**O más
frutas y vegetales**

**Horas o menos
frente a una
pantalla**

**Hora o más
de actividad física**

**Bebidas dulces
más agua y leche
con poca grasa**